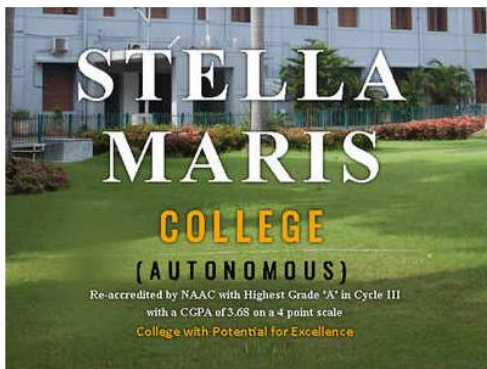


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Stella Maris College launches campaign to spread awareness about eating disorders

TNN | Mar 10, 2021, 21:48 IST

[A-](#) [A+](#)*Representative Image.*

CHENNAI: Earlier this week, the department of public relations of Stella Maris College in Chennai inaugurated 'Unave Aatral' – a campaign on eating disorders and healthy eating on campus.

The four-week campaign that will continue until the end of March, includes an in-house walkathon and multiple sessions on eating disorders and healthy

diets across various colleges in Chennai. Activities such as a virtual marathon, creative writing, online digital art competitions and online discussions with chefs and nutrition experts will be held towards the end of the campaign.

The programme aims at educating adults between the 18 and 24 years of age on eating disorders.

The campaign was inaugurated by Chennai-based pastry chef Sruti Nakul, psychologist Mina Dilip and nutritionist Ranchana Ilangumaran.

Link

<https://timesofindia.indiatimes.com/home/education/news/stella-maris-college-launches-campaign-to-spread-awareness-about-eating-disorders/articleshow/81434936.cms>